



Whole Grain Rich Tips

Tips from you and for you!

Bread:

Flat bread from Commodities is great!

Buy whole-wheat white bread.

For sandwiches, use white bread on top and WGR bread on the bottom.

Make bread from scratch. It's delicious!

Use a yeast booster to help the bread rise.

Use a 50/50 flour blend.

Pasta:

Coat pasta with cheese or sauce.

Make a pasta casserole.

For macaroni and cheese: Mix Commodity cheese with a powered cheese mix to reduce the amount of liquid the pasta absorbs.

Tortillas:

Warm tortillas to prevent them from breaking.

Make tortillas into chips by baking them in the oven.

Rice:

Follow the recipe on the bag to cook on the steam table.

Make a 50/50 mix of white and brown rice.

Ultimately:

Have a positive approach toward cooking and serving whole grain rich products!

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